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HE 20.8302:

quick list

Talk

With Your Child About Alcohol

Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media, such as "everybody drinks."

Learn

To Really Listen to Your Child

Children are more likely to communicate when they receive positive verbal and nonverbal cues that show their parents are listening.

Help

Your Child Feel Good About Himself or Herself

Self-regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.

quick list:

Parents of pre-teenagers can help their children say "no" to alcohol and other drugs by practicing these 10 steps. You may want to place this Quick List in an area where you can review it often—on a bedroom mirror, in the family "catch-all" drawer, or on a refrigerator door.

For more information on alcohol and youth, write:

The National Clearinghouse for Alcohol Information (NCALI)
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Alcohol, Drug Abuse, and Mental Health Administration

National Institute on Alcohol Abuse and Alcoholism
5600 Fishers Lane, Rockville, Maryland 20857

Help Your Child Develop Strong Values

A strong value system can give children the courage to make decisions based on facts rather than pressure from friends.

Be a Good Role Model or Example

Parents' drinking habits and attitudes may strongly influence their children's perceptions about alcohol.

Help Your Pre-teen Deal With Peer Pressure

Children who have been taught to be gentle and loving may need parental "permission" to assertively say "no" to negative peer pressure.

Make Family Policies That Help Your Child Say "NO"

It's helpful when parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules

Encourage

Healthy, Creative Activities

Hobbies, school events, and other activities may prevent children from experimenting with alcohol, tobacco, or other drugs out of boredom.

Team Up

With Other Parents

When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.

Know

What To Do If You Suspect a Problem

Parents can learn to recognize the telltale signs of alcohol abuse and even experimentation.

Prepared by the NIAAA National Clearinghouse for Alcohol Information • P.O. Box 2345 • Rockville, MD 20852 • (301) 468-2600